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A METRO SPECIAL INVESTIGATION

Alouette jail's last baby

metroNEWS

IT'S ALIVE!

HELEN PIKE/METRO

Calgary entrepreneur looking to fill homes with potted evergreens to cut down on Christmas tree chopping

metroNEWS

Dismiss Cannon: Students

EDUCATION

Online petition urges president of U of C to quit

Helen Pike
Metro | Calgary

Concerned students at the University of Calgary have asked president Elizabeth Cannon to step down — the third request from students in three weeks.

Tuesday a group of three students released a detailed online petition, with an accompanying open letter to the Board of Governors demanding the dismissal of Cannon, a third party ethics probe and better oversight measures.

The University of Calgary has recently garnered media attention for the wrong reasons, as both students and faculty have spoken out about corruption on campus. The petition itself focuses on "three scandals" detailing the MacEwan Hall ownership dispute, the Enbridge Scandal and executive spending on renovations.

"We're looking for people to be held accountable," said Frank Finley, one of the group's members. "Whether that's by legal authority, by the board of governors or by general discontent within the student body, it's still holding people liable."

More coverage on page 5

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metro NEWS

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Mark Zuckerberg welcomes baby daughter to the world with $45 billion to fight planet's ills.

Triple homicide suspect shot, charged by RCMP

EDSON

Police opened fire after man, 19, refused peaceful arrest

RCMP shot a suspect wanted in a triple homicide west of Edmonton while trying to arrest him at a location close to where the bodies were discovered.

Supt. Gary Steinke said Mickell Clayton Bailey, 19, of Edson, was transported to hospital with serious injuries.

"Efforts to arrest the armed suspect peacefully were not successful today and he was shot by police," Steinke told a news conference Tuesday.

"This is a crime that has shocked local citizens, police and all Albertans. The murder of three innocent victims in their own home is unsettling for even the most seasoned police investigator."

Mounties found the bodies of Roxanne Berube, 36, another female and Daniel Miller on Sunday in the home they shared.

Autopsies have not yet been completed, but a police spokesperson has said the victims suffered "obvious trauma."

Police have not released the name of the second female, but friends and family on Facebook identified her as Berube's teenage daughter.

Police apprehended an armed suspect wanted for the murders of Edson, Alta. residents Daniel Miller, Roxanne Berube, and a teenage girl not yet positively identified as Berube's daughter. WIKIPEDIA COMMONS

Steinke said they have yet to positively identify the girl.

Bailey has been charged with two counts of first-degree murder and one count of second-degree murder.

Steinke said Bailey was known to at least one of the people who was killed.

He would not say if Bailey fired at police, nor would he elaborate on the relationship between Bailey and any of the victims.

> **"You could see the sense of relief on people that somebody had been apprehended.**
> Edson mayor Greg Pasychny

An Alberta Justice department unit that reviews serious incidents involving police was on the scene of the shooting and investigating.

Mounties were able to find Bailey quickly, mainly thanks to tips from people in the area, Steinke said.

Police were not searching for any other suspects.

"Our investigation has led us to believe that one person was responsible, and one person only was responsible," Steinke said.

Edson Mayor Greg Pasychny said the community has been on edge since the weekend as people wondered how someone could commit such a crime.

When he heard that RCMP had made an arrest, Pasychny said he went around town to share the news in the hope that it would put them at ease.

"I think our community and the surrounding community where it occurred can sleep a little bit better," Pasychny said.

Alberta Justice officials said Bailey does not have a criminal record.

Sylvia Standing said Berube, her goddaughter, was a mother of five. Berube's Facebook page said she started working at McDonald's in Edson in October.

One of Berube's co-workers, who didn't want to be named, described Berube as a good worker and a nice person.

According to her Facebook page, Berube was a fan of country music and an avid ATVer.

She and Miller had apparently met in the late summer of 2013, with Berube announcing to friends "my boyfriend ... and I have 10 kids between us and 2 grand babies."

THE CANADIAN PRESS

FARMING

Notley firm on Bill 6

Ryan Tumilty
Metro | Edmonton

Premier Rachel Notley is sticking with plans to pass controversial farm safety legislation, but her government introduced changes Tuesday meant to make clear the bill won't target family farms.

More than a thousand people came out to protest the bill at the legislature on Monday, the second protest in the last week. Notley said she understands their fears, but intends to pass the bill.

"The bill will pass this fall," she said. "The intent of this bill is to simply ensure that paid farm workers enjoy the same kind of protection that every other worker in Alberta and in Canada already enjoy."

The amendments the government introduced Tuesday make it clear that Worker's Compensation Board coverage only applies to paid employees and that farms would only be subject to Occupational Health and Safety legislation if they have paid employees.

"We will amend Bill 6 to make clear what was our intention all along — that farm families would be exempt from those laws, which were designed to protect paid employees," labour minister Lori Sigurdson said.

Farmers have expressed concerns that the bill will prevent them from having family and friends volunteer on their farms.

Notley said that's not the case.

"Kids will continue to be able to work on the farm," she said.

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IN BRIEF

Charges laid against hospital employee

According to Alberta Health Services, 26 charges have been laid against an Alberta Children's Hospital worker who allegedly accessed health information.

An investigation by the Office of the Information and Privacy Commissioner (OIPC) resulted in the charges under the Health Information Act (HIA).

AHS first reported the case to the OIPC, the government said, adding the maximum penalty for each charge is $50,000.

Alberta Health said this is the sixth time charges have been laid under the HIA.

METRO STAFF

Police seek suspect in child abduction bid

Calgary Police are investigating an attempted child abduction that occurred Tuesday afternoon in the community of Varsity.

At approximately 12:30 p.m. a child was approached by an unknown male while inside a convenience store located at 4615 Valiant Drive NW.

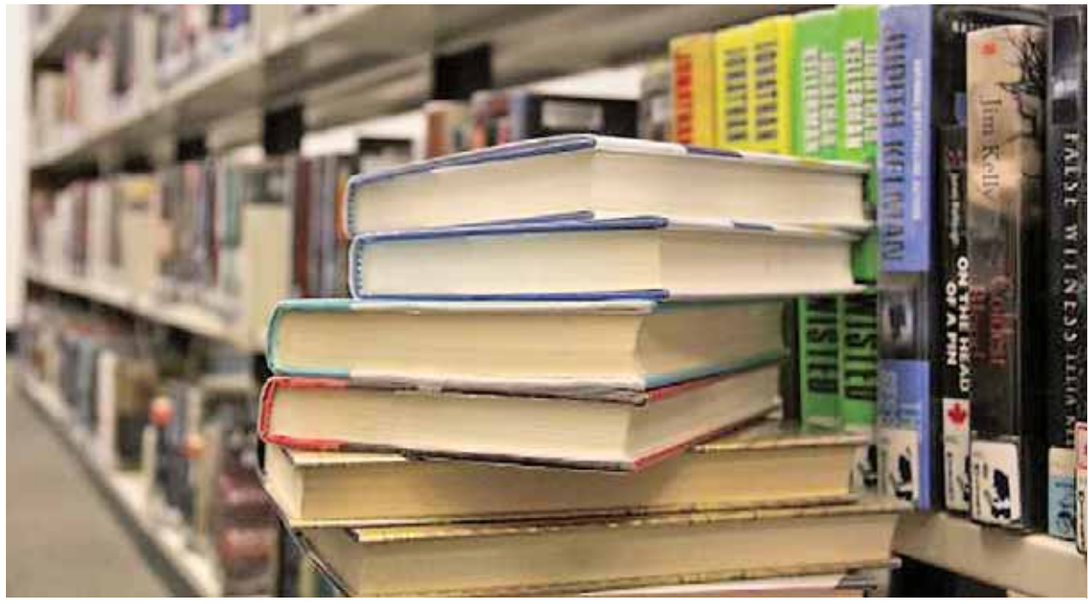
The suspect is described as a white male in his 40s, between 5'8" and 5'11".

He had a round face with a moustache or goatee, short and balding grey hair, and brown eyes.

He was wearing a brown jacket, dark pants and may have smelled of campfire and alcohol.

Anyone who may have information is asked to contact Crime Stoppers at 1-800-222-8477.

METRO STAFF



E-books and email reminders mean patrons are avoiding late fees. It's a financial downfall for the library, but one they're prepared to deal with. METRO FILE

Public library sees fee income decline

MUNICIPAL AFFAIRS

Digital books and reminders help patrons avoid charges

Helen Pike
Metro | Calgary

A shuffling of operations, library priorities, and popular new technology has turned into a fee revenue shortfall for 2014 at the Calgary Public Library.

But officials don't seem to be worried about what seems to be a gap in pocketed money from late fees – instead it's being treated as an opportunity.

The library's independent audit, released in March of 2015, reveals the budgeted $3,179,924 in fine and fee revenue actually only came to a total of $2,766,871 at the end of the year, a gap of over $410,000.

One of the main drivers of the dip in revenue is e-books.

"Patrons love it because they don't pay late fees," said Paul McIntyre Royston, director of external relations. "They just disappear from their device."

Shannon MacDonald works with children, so she mainly uses the library as part of her job. Although she gets reminders, she's still finding it hard to avoid shelling out some cash for late books.

"I get the reminders but sometimes the books are at the kid's house and so it ends up late," said MacDonald.

She's pleased the library has opted not to charge customers for yearly memberships.

Although in the market, e-book popularity has flatlined, the Calgary Public Library is seeing a surplus of interest.

"Last year we were one of only 15 libraries in North America to circulate over a million e-books, and this year we actually just hit that in October already," said McIntyre Royston.

Another feature, which is great for customer service, but not so much for library budgets, is that they now notify patrons before books become overdue.

"That's been a huge service change for us, and it certainly costs, but our patrons have been ecstatic about it – they're paying less late fees," Royston said. "But our job is to get books into the community and have engaged patrons."

> **Our job is to get books into the community and have engaged patrons.**
> McIntyre Royston

CORRUPTION

Police probe breach of trust

Lucie Edwardson
Metro | Calgary

While the Calgary Police Service continues to investigate corruption and breach of trust within their own ranks, the Calgary Police Association (CPA) said the appropriate steps are being taken in the investigation.

According to the CPS, a member of the public came forward nearly a year ago with several allegations of criminal harassment involving a private investigation company.

"I believe there were a number of retired or former members of the CPS involved in some form of investigative activities, like surveillance, body guard and security work and that they had actually employed, for part of the activities of that company some current serving members," CPS spokesman Kevin Brookwell said.

Howard Burns, president of the CPA, said while the matter is serious in nature, the claims haven't yet been proven.

"When allegations of that nature are levelled against our officers, it's serious and we take it seriously, but right now they're allegations," he said. "Until the investigation is done and we see what comes out of it there really is not a whole lot we can comment on."

Burns said the public can take comfort in how the investigation is being handled.

"It started with a complaint from the public, they went to police, police decided there was something there and they're investigating and have involved ASIRT," he said. "That's exactly how things should play out when serious allegations are made."

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There have now been **several calls for the resignation of University of Calgary president Elizabeth Cannon** — the latest in the campus newspaper, The Gaunlet. METRO FILE

U of C paper calls for resignation

HIGHER EDUCATION

Editor-in-chief says other groups must add their voices

Helen Pike
Metro | Calgary

Enough is enough, said students again as another group on campus demanded their school's president fly the coop.

Tuesday afternoon the Gauntlet, a student run paper, released an editorial demanding the University of Calgary President Elizabeth Cannon step down from her duties.

"We're tired of this administration. We're exhausted by the condescension, the backdoor efforts to take money and space from students and the flimsy state of academic integrity on campus. And we're tired of knowing that the people in charge of our education aren't all that interested in our education," reads the editorial, written by a representation of students who are also Gauntlet staff.

"We feel that the timing is right for some structural changes to take place to the composition of university administration," said Kate Jacobson, editor-in-chief of the paper, who also chairs the editorial board. She said a lot of information that's come out in the mainstream media are things students and the community on campus have known about and even reported on.

"Having them all laid out so clearly gives students a platform to prove that there are consequences for the way students are treated at the University of Calgary."

Metro reached out to the university for comment and was provided a written response:

"It is disappointing that the Gauntlet has resorted to personal attacks on President Cannon. When asked by a student at a recent campus town hall if she would resign, she said no — to spontaneous and extended applause," wrote Darlene Crowell, university spokesperson.

Jacobson said it's now time for other campus groups, organizations like the Students' Union, the Faculty Association and even AUPE, if they believe in an administrative change, to speak out about it.

"In order for something to happen of this magnitude we would need to see other organizations on campus throw their hats into the ring."

The editorial notes that Cannon's resignation may not help all of the issues at U of C, but will show that negative actions also have consequences.

LABOUR

School board wants to delay Bill 8

Aaron Chatha
Metro | Calgary

The Calgary Board of Education is joining other Alberta school boards to ask for a delay of Bill 8, as they feel the government hasn't given them enough time to voice their input on the legislation.

Bill 8 will change how collective agreements will be negotiated with teachers. Currently, the process is handled at a local level. Under Bill 8, the government, which funds the majority of school board budgets, would negotiate salary and other issues deemed to be of provincial importance. Individual boards would still negotiate local issues.

Last week, the Alberta School Boards Association criticized the bill, saying a one-size-fits-all system does not benefit students, employers or employees.

The Golden Hills School Division, based out of Strathmore, sent a letter to Education Minister David Eggen asking him to give them more time to properly review the legislation before it is passed into law. The CBE voted on Tuesday to support the request.

"The boards really just saw this on Nov. 25 and there hasn't been, we feel, a sufficient time to really understand the legislation, the impact it will have on our staff and on our students and on collective bargaining," said Amber Stewart, CBE Trustee Wards 12 and 14. The CBE is also seeking clarification on what items will be negotiated provincially and locally, and the chance to discuss the bill with the minister.

"We want to see the best legislation brought forward possible and we want the opportunity to be part of that process," said Stewart.

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The Calgary Real Estate Board's numbers for November show Calgary's housing market continues to cool with the economic downturn. JENNIFER FRIESEN/FOR METRO

Just no heating up housing market

PROPERTY

Little winter warming as conditions favour buyers

Brodie Thomas
Metro | Calgary

In the eternal debate of renting versus buying, the scales may be tipping toward buying in Calgary right now.

The Calgary Real Estate Board (CREB) says it's now a buyers' market, according to numbers from November. But realtor John William Wade saw signs of the buyers' market in early to mid October.

However, saying it's a buyers' market is misleading, according to Wade: He said not every buyer will benefit, but the market definitely favours first-time buyers.

"They have no skin in the game quite yet," said Wade. "They're coming in at a lower price point. And anybody who's renting right now, rents haven't come down that much."

Wade thinks the influx of refugees will keep the rental market from falling too far. That means many families who are already renting may find a mortgage is cheaper than paying rent.

The flip side is empty-nesters looking to downsize their homes. Wade said they may have to sell at a lower price than when the market was hot, but they'll also save when purchasing a smaller home or condo. "It's all proportionate in the same market."

Real-estate broker David Tsegai also cautions against the term "buyers' market." He said prices have been very sticky, and he's just starting to see signs of sellers coming down in price.

"It was starting to show on the $600,000 and above homes," he said. "Now it's starting to trickle down."

Tsegai said low interest rates and high rents have kept starter home prices high.

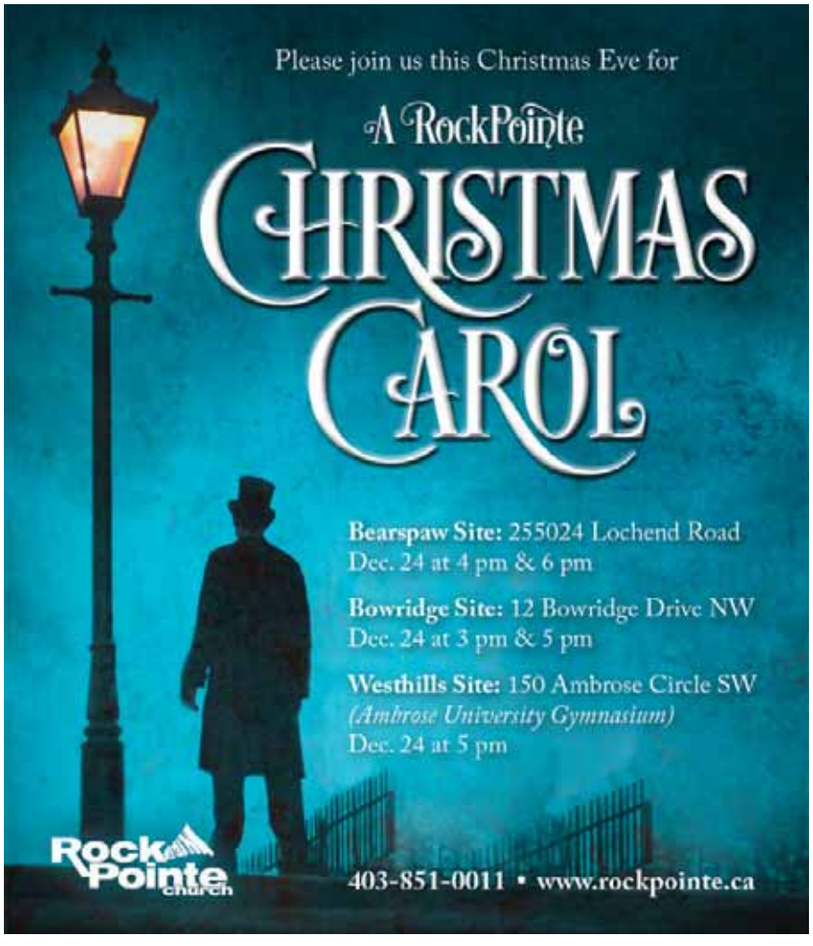
CREB said the average price for a home in Calgary last November was $450,700. That's two per cent less than last year. Home sales for the month were 20 per cent below the 10-year average.

20%

Home sales for November were a full 20 per cent below the 10-year average.

"Calgary has continued to post job losses in the energy sector, unemployment levels are high, wages are down and recovery expectations have changed," said CREB chief economist Ann-Marie Lurie in a release. "All of these factors have contributed to the weak demand we have seen throughout the year."

CREB president Corinne Lyall said inventory levels remained 27 per cent below the November highs recorded in 2008.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Amanda Antoni was found dead in her Castleridge Way home nearly five weeks ago. CONTRIBUTED

POLICE PLEA

Questions remain over Antoni death

Lucie Edwardson
Metro | Calgary

Calgary police are asking for the public's help regarding the final days of Amanda Antoni, whose death has left police with "more questions than answers."

It's been five weeks since she was found dead by her husband in her home, where police said there was evidence of violence, on the 0-100 block of Castleridge Way NE.

Before she died, CPS believes Antoni was suffering from migraines, and used her computer to research herbal remedies.

It's believed Antoni might have run several errands Friday and Saturday, looking to herbalists or pharmacies that could help her with treatment.

Homicide Unit Staff Sgt. Doug Andrus said Antoni's cause of death remains unclear, and said CPS is waiting for toxicology results from the medical examiner.

Antoni was driving a black four-door 2012 Chevrolet Cruise.

Investigators are asking for information from anyone who may have been in contact with her on Friday or Saturday. They're also asking people to contact them if they saw any suspicious activity around her home Saturday evening.

Anyone with information is asked to call 403-266-1234.

IN BRIEF

Airdrie police seek help in search for missing teen

Airdrie RCMP are seeking the public's assistance in locating Natalya Anne Niles, who was last seen Nov. 27.

The teenager is described as Caucasian, five-foot-three and 144 pounds with hazel eyes and medium length brown hair. She was last seen wearing a pink coat and carrying a backpack.

Anyone with information is asked to contact the Airdrie RCMP at 403-945-7200. METRO

B.C. man charged over $1.2-million fraud scheme

Police say a British Columbia man working as a mortgage associate in southern Alberta has been charged in a $1.2 million fraud.

Members of the Lethbridge police economic crimes unit allege that between September 2009 and March 2014, a man used his position to approach numerous acquaintances to solicit funds. Police say the man, Bryan Wilfred Clemens, 48, of Oliver, B.C., said the funds would be used as "bridge financing" for his real estate clients. THE CANADIAN PRESS

‘Green’ for the holidays: Business offers live trees

CHRISTMAS

A potted evergreen can decorate your living room

Helen Pike
Metro | Calgary

You don’t need fancy decorations to help an evergreen come to life — this year, instead of the traditional cut Christmas spruce, some Calgarians can opt for the chance to plant a new tree.

Landon Kennedy, a Calgary-based landscape artist and the entrepreneur behind FromTheGround, is starting his own wintertime operation inspired by similar businesses in Vancouver. Instead of buying a tree-lot or plastic balsam fir, he’s hoping festive families will opt for a potted tree instead.

“I’m a pretty in-depth environmentalist. I started my gardening business to get people growing food,” Kennedy said. He works on teaching people how to garden in the summer as well as landscaping, but was looking for a way to extend his plant work year-round.

“It’s just an effort to stop people from chopping trees endlessly,” he said.

The rental, which runs around $100, includes delivery, setup and a couple of waterings. Families are able to keep the tree for a month before Kennedy takes it back to find it a “fir-ever” home.

“I buy trees from nurseries and I bring it to a house,” Kennedy said. “I set it up inside, put a nice tree skirt around it, so it looks like it’s not just a grower’s pot. It’s up to (the host family) to decorate it.”

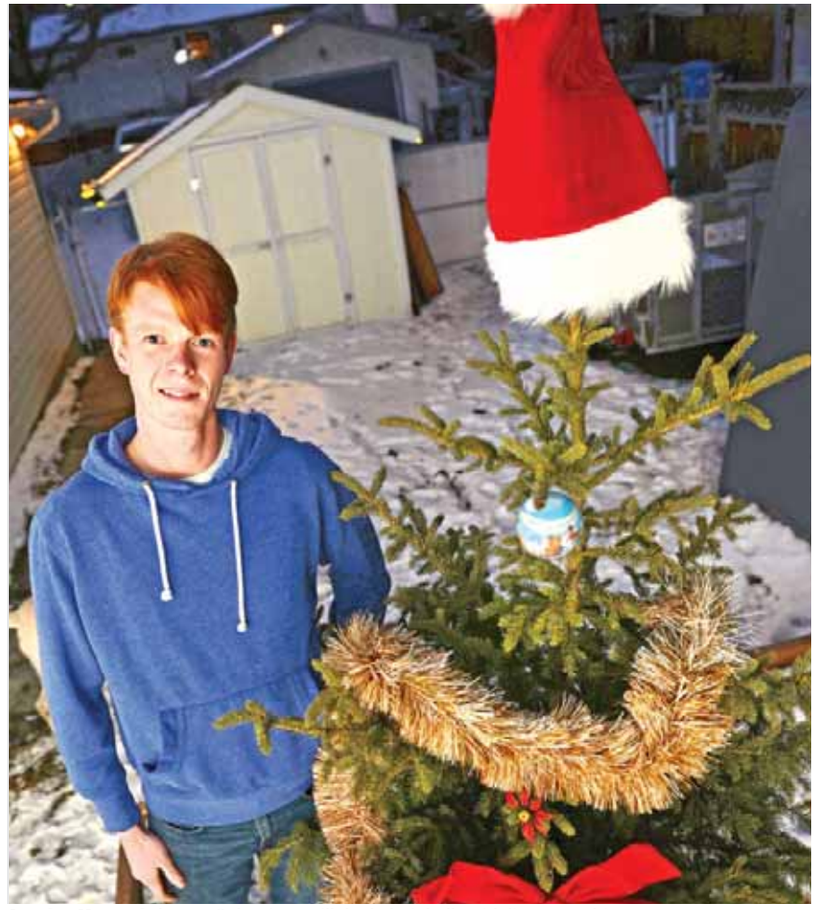
So far, Kennedy is the only person offering this business to Calgarians, as our winters are challenging: Trees don’t take too well to the shock of going from the outside cold to the warmth of a cozy Christmas living room. To combat that challenge he said he’s come up with a solution that involves transitioning trees from outside, first to garage temperatures and then indoors.

As this is his first go, Kennedy said he doesn’t expect trees to fly off the shelves, but so far he has five interested customers and hundreds of others showing interest online.

“Next year I’ll have a better selection,” he said.

ADVANTAGES

– The trees are younger and not as full.
– The woodsy aroma lingers longer and is stronger.
– Live trees won’t drop as many needles.
LANDON KENNEDY



Landon Kennedy hopes Calgarians will deck their halls with live trees this year. HELEN PIKE/METRO

HEALTH

‘No bad things’ at AHS

Jeremy Simes
For Metro | Calgary

There are “no hidden bad things happening” at Alberta Health Services, says the health authority’s outgoing president and CEO. Vickie Kaminski, who turned in her resignation with “mixed feelings” last week, will leave the top post in the new year.

She re-affirmed at an AHS board meeting Tuesday that her resignation was for personal reasons.

“It’s a tough job,” she said. “There’s lots to do, You make your mark; you move on.”

“It’s really, honestly, personal reasons,” she said. “This isn’t about anything underlying in (AHS).”

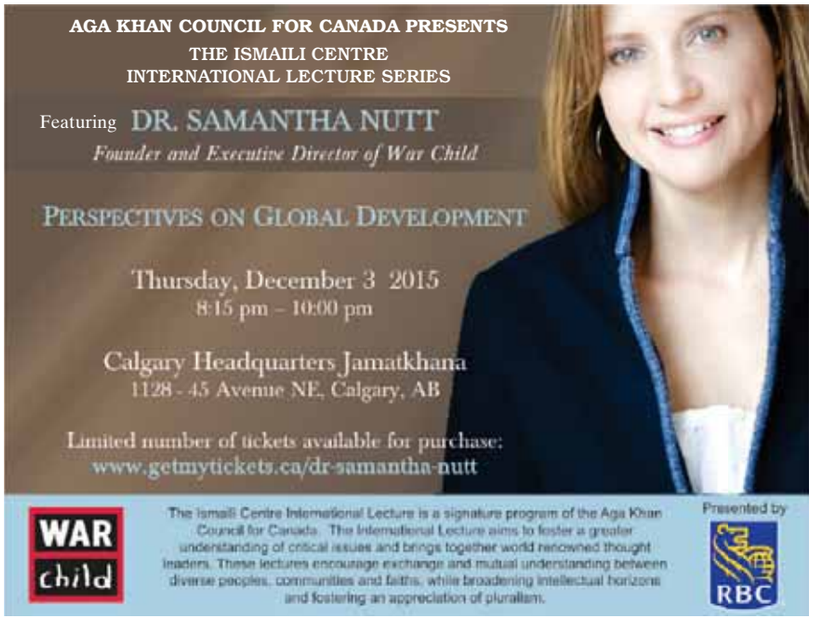
Kaminski said she had a “very honest” relationship with the government.

“They want to do what’s right for Albertans,” she said. The latest date Kaminski could remain AHS president and CEO is Feb. 27, though she could leave earlier, she said. She received a base salary of $540,000, including standard management and health benefits.

Kaminski said the next CEO shouldn’t expect to stay for more than three years.

“You used to become CEO of an organization and stay there ... until you retired or died, and that doesn’t happen anymore,” she said.

AHS board chair Linda Hughes said the board will immediately begin the search for a replacement for Kaminski.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BROKEN BONDS | PART II

A mother-baby unit at Alouette Correctional Centre for Women is seen in handout photos. When the unit was renovated last summer, each room was outfitted with a cot, a crib and a rocking chair. The rooms open into a common area with a kitchen, a high chair, soft seating and a play area with books and toys. No one has been admitted to the unit since the renovation. B.C. MINISTRY OF JUSTICE

After a troubled killer gave birth and lived with her newborn in a B.C. jail, the program that made it possible died. A judge later revived it, but the nursery remains empty.

'It was easy to jettison their rights'

Sidney Cohen
For Metro

On Canada Day 2006, 33-year-old Lisa Anne Whitford shot and killed her common-law partner, Anthony Cartledge, on a rural property near Prince George, B.C.

According to court records, Whitford called police the next morning and, when RCMP arrived at the home, they found her drowsy, confused and slurring her words. Cartledge's body was wrapped in blankets and hidden under a canoe.

Whitford was a few weeks pregnant at the time, and Cartledge was the father.

In the court case that followed, details of the accused's tragic life were laid bare.

Whitford, who is indigenous, was born to an alcoholic mother. When she was still a child, her mother's boyfriend sexually abused her. She began using drugs and alcohol at age 11, was living on the streets of Calgary at 14 and was strangled and raped when she was 17 by someone she considered a friend. Whitford has visited emergency rooms at least 41 times.

In his sentencing of Whitford, Justice W. Glen Parrett called her case "one of the bleakest … I had ever encountered."

Whitford gave birth to her daughter Jordynn on March 12, 2007, while on remand at the Alouette Correctional Centre for Women. She was permitted to keep her baby in the jail, so Jordynn could breastfeed and bond with her mother.

Under the jail's "mother-baby" program, inmates who gave birth in custody were allowed to keep their newborns with them.

Ultimately Whitford, who was abused physically and emotionally by Cartledge during their relationship, pleaded guilty to manslaughter and was sentenced to six years in federal prison.

The judge decided that, with support from B.C.'s Ministry of Children & Family Development (MCFD), Whitford could bring her baby with her to Fraser Valley Institute for Women, in Abbotsford, B.C, making Jordynn the first child to take up residence in a federal penitentiary in the province's history.

"It is in many respects startling," said Justice Parrett, "to consider incarcerating in a federal institution the accused's new child who is still under the age of one." But, he added, "this may be the last and best chance for you. … The alternatives would appear to be even bleaker than your past."

Word that a child would spend the early years of her life behind bars with her mother, a convicted murderer, quickly spread.

The Vancouver Sun ran a splashy story with the headline, "Killer to raise baby in prison." The Globe and Mail reported that Whitford's case prompted Stockwell Day, then minister of public safety, to express concern about "the message that is sent to serious offenders when they are permitted to retain custody of a child while incarcerated."

* * *

Jordynn was the last baby to live inside Alouette.

In February 2008, the mother-baby program ended. Brent Merchant, head of adult custody in B.C. at the time, later claimed in court that B.C. Corrections couldn't guarantee the safety of babies in jail.

> **Women who are incarcerated are disproportionately aboriginal. They're not politically influential.**
> Mary Ellen Turpel-Lafond, Children's Advocate

B.C. Children's Advocate Mary Ellen Turpel-Lafond says shutting down the mother-baby program was a political and ideological choice.

"Women who are incarcerated … are disproportionately aboriginal, minority women who have experienced abuse," she says. "They're not considered to be a politically influential group.

"It was easy to jettison their rights."

In November 2008, Alouette inmates sued to reopen the program, arguing the closure violated their charter rights to equality and security of the person.

At the end of the five-week trial, B.C. Supreme Court Justice Carol Ross ruled in favour of the inmates. Evidence presented in court revealed that B.C. Corrections didn't assess the program's risks and benefits before shutting it down.

Ross found that no child had been harmed in the program.

The judge also ruled that the charter right of the mothers and babies to security of the person was violated because separating infants from their mothers was contrary to their best interests, as it interfered with bonding and breastfeeding.

The separation was harmful to the mothers as well, who were devastated by losing their babies. Some would lose them permanently.

"An inescapable consequence of Mr. Merchant's decision was that the state would place in care some infants who, but for the decision to cancel the program, would have stayed with their mothers," Ross wrote in her decision.

Merchant, who is now assistant deputy minister in B.C.'s Ministry of Justice, declined repeated requests for an interview.

Ross also found the closure discriminated against indigenous women, given their overrepresentation in Canadian prisons and Canada's history of removing indigenous children from their families.

Ross's decision was released in December 2013, and a $163,000 renovation to the unit where mothers had once lived with their babies quickly followed.

On June 16, 2014, B.C.'s Ministry of Justice announced the program's reopening and took media on a tour of the refurbished mother-baby unit.

But not one baby has yet been admitted to the new space, despite three inmates having given birth since the program was re-established.

A Nov. 19 email from B.C. Corrections spokeswoman Cindy Rose says that the program is "open with dedicated space at (Alouette) and is available for use as soon as it is needed."

"With respect to why no women have participated in the program to date," Rose's email continues, "one inmate did apply and was accepted, but was released after giving birth. … in two other circumstances, MCFD determined the parents could not safely care for their infants."

In all, 26 babies have been born to Alouette inmates since Jordynn Whitford left Alouette. Fourteen of those babies were placed in state care.

Former warden Brenda Tole oversaw Alouette's mother-baby program from 2004 to 2007. When she was in charge, she says, women who gave birth while incarcerated and wanted to bring their babies to Alouette were routinely admitted absent a "very, very valid reason." There was no application process; rather, Alouette staff, community agencies, MCFD and the B.C. Ministry of Health decided ad hoc what would best serve the moms and babies.

Now, Tole says, "the onus is on you to convince everybody that you can have your baby; otherwise, they're going to take it away."

In order to qualify for the program today, B.C. Corrections says, an inmate must have no history of "serious offences that could jeopardize a child's safety," or health conditions "that could put children at risk."

"There's an underlying dynamic that women who are incarcerated are not good moms," Tole says. "Because they're in trouble with the law, because they haven't handled their life very well, that they can't provide support to this baby."

"Because somebody killed an abusive partner, doesn't mean that they're not going to nurture their kids," says Tole.

* * *

Lisa Anne Whitford and Jordynn aren't together today, but Rauch says that at Fraser Valley, they thrived.

At Alouette, mothers and their babies haven't had that chance for nearly eight years.

Broken Bonds

PART I
"A success story"
Tues. Dec. 1

PART II
"It all falls apart"
Wed. Dec. 2

PART III
"What now?"
Thurs. Dec. 3

IN BRIEF

Stephane Dion offers NATO more support

Stephane Dion walked through NATO's doors Tuesday suggesting he won't have to do much of a sales job over the impending withdrawal of Canada's jets from the U.S.-led bombing campaign against militants in Iraq and Syria.

Other countries, including North Atlantic allies, understand the warplanes have played only a small part in the effort, and that Canada will be more effective in a training role, Dion said on his way into a meeting of foreign ministers.

"There are a lot of things where Canada may be a great supporter, instead of delivering two per cent of the airstrikes," he said.

THE CANADIAN PRESS

Foreign affairs staff hated the Harper Tories: Email

A U.S. official expressed amazement at how deeply detested Canada's Conservative government was by some employees of the Foreign Affairs Department.

That impression was described in a note sent three years ago to Hillary Clinton, who was then the secretary of state and whose emails are now being publicly released.

It was contained in a message where a U.S. official described how his colleagues across the border pleaded for his help lobbying the Canadian government not to cut a program for Haiti. THE CANADIAN PRESS

Public is footing the bill for PM's nannies

POLITICS

Trudeau has promised his child benefit to go to charity

Prime Minister Justin Trudeau was attacked on social media as a hypocrite Tuesday after news reports that his cabinet had put on the public payroll two nannies to care for his three young children.

The orders-in-council said the women — Marian Puego and Marilou Trayvilla, whom the Ottawa Citizen reported had been working for the family prior to the election — were appointed to be special assistants to Trudeau and his wife Sophie Gregoire-Trudeau at the Prime Minister's residence.

They are being paid $15 to $20 hourly for daytime work and $11 to $13 for the night shift (effective the Nov. 4 swearing-in of Trudeau's government) and will help care for Xavier, Ella-Grace and Hadrien.

Kate Purchase, the prime minister's director of communications, told the Star in an email that "given the nature of the prime minister's responsibilities and young family, the Trudeaus employ two household employees who, in addition to performing other duties around the house, act as secondary caregivers to the three children."

She did not reply to requests for elaboration on their duties, or to explain why the prime minister thought taxpayers should foot the bill. The news was intriguing for several reasons.

Marilou Trayvilla, one of two women employed to take care of the Trudeau children, is seen at left in the pink jacket, as she joins Prime Minister Justin Trudeau and family upon their arrival to Rideau Hall for the swearing-in ceremony last month. SEAN KILPATRICK/THE CANADIAN PRESS

$3,400

The UCCB amount the Trudeaus will receive this year and have said they will be giving to charity.

The decision was at odds with Trudeau's opposition during the election campaign to Conservative tax policies that would have benefited well-off people like him.

He repeatedly attacked Conservatives plans for enhanced universal child care benefit and income-splitting for families. Families like his and former prime minister Stephen Harper's didn't need taxpayers' help, he said. "And Canada can't afford it."

Trudeau promised to give his $3,400 a year UCCB benefits to charity. But at another level, this might be Trudeau's first salvo as what Vogue magazine called Canada's first "feminist PM."

By expensing such costs, which his personal wealth would have made easy to pay, he obliges Canadians to consider how much support is required to make high public office possible for women and men with young families or for single parents.

Nancy Peckford, of Equal Voice, said: "Here's a person with a young family in need of some critical child-care support for obvious reasons. His job is running the country and those supports are necessary."

TORSTAR NEWS SERVICE

Rosemary Westwood weighs in on nannygate

metroVIEWS

JORDAN

Refugees start journey

Maher al Halabi emerged from his interview with the UNHCR last Saturday with the coveted "number one" in his hand, on a small piece of paper in bold black ink. That paper — a golden ticket — means he, his wife and two children, Ghassan, 7 and Mohammed, 18 months, made the cut. They will have a second interview Dec. 8 with Canadian officials, at the newly opened refugee processing centre outside Amman in Marka.

"I want to go to Canada so badly, for the sake of my children. I am a young man, I will do anything there," said al Halabi, 30, who hopes he passes the medical and security screening.

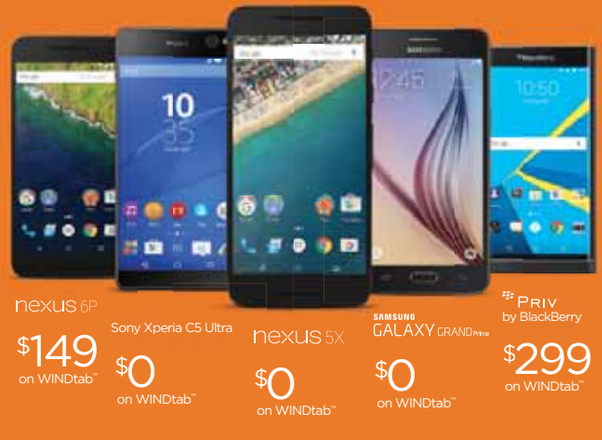
As word of Canada's resettlement plan seeps out among the Syrian community in Jordan, refugees pray they can beat the odds. If all goes well, al Halabi's family will be among the first of the 10,000 refugees from Jordan to arrive in Canada late next week; the remaining 15,000 will come from Turkey and Lebanon.

In the last two weeks, the UNHCR in Jordan has interviewed thousands of Syrians to come to Canada, said spokeswoman Helene Daubelcour.

TORSTAR NEWS SERVICE

Maher al Halabi and his son

TORSTAR NEWS SERVICE



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IN BRIEF

WHO wants Ukraine to declare polio emergency

The World Health Organization is urging Ukraine's health ministry to declare a state of emergency due to a polio outbreak, a move meant to prompt more action from the government in Kyiv.

In September, Ukraine announced two polio cases — the first in Europe since 2010.

Half of Ukraine's children have not been vaccinated against polio.

THE ASSOCIATED PRESS

Planned Parenthood suspect faces murder rap

The man accused in the shooting rampage at a Colorado Planned Parenthood clinic made his first court appearance Monday and learned he will face first-degree murder charges in the deaths of three people killed in the five-hour standoff with police.

Robert Lewis Dear appeared via a video hookup Monday from the El Paso County Jail, where he has been held since surrendering after Friday's siege.

THE ASSOCIATED PRESS

HILLARY CLINTON

Emails offer peek into personal life

Roughly 7,800 pages of emails released Monday were part of a court-ordered disclosure of correspondence sent from the private server Hillary Clinton used while she was secretary of state.

Clinton has faced questions about whether her unusual email setup was sufficient to ensure the security of government information and retention of records.

Here's a closer look at some of the messages that churned through Clinton's in-box in the batch released Monday:

HEALTH POLITICS

Get-well-soon notes poured in from across the globe after Clinton picked up a stomach virus in 2012.

Hollywood mogul Harvey Weinstein emailed her aide, Capricia Marshall, offering to send Clinton copies of any movies she wanted to watch while recuperating.

2012 ELECTIONS

Although Clinton wasn't on the ticket in 2012, she and her supporters followed the race for president closely.

In a January 2012 note, during the heat of the Florida Republican primary, Clinton refers to Mitt Romney as "Mittens" and Newt Gingrich as "Grinch."

"If Mittens can't beat Grinch in Florida, there will be pressure on state Republican parties to reopen or liberalize ballot access," she writes to confidant Sid Blumenthal.

KEEPING THE TEAM

In November 2012, Samuel Kaplan, a Minneapolis lawyer and major Democratic donor who was appointed U.S. ambassador to Morocco, secured a private meeting with Clinton to discuss how he and his wife "might hope to be allied" with her in the future.

KISSING UP

Clinton's aides and supporters showered her with gushing praise, complimenting everything from her appearance to her policies, and the volume and emotion of those messages only grew as her tenure in the Cabinet came to an end.

"I'm being flooded with emails about how you rocked," deputy chief of staff Huma Abedin wrote in one email. "And you looked fabulous."

THE ASSOCIATED PRESS

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U.S. President Barack Obama delivers a speech during a press conference on Tuesday in Paris.

PASCAL LE SEGRETAIN/GETTY IMAGES

Leaders push tax on carbon

CLIMATE CHANGE

Pricing would cut emissions, conference delegates hear

One of the smartest ways to fight global warming is putting a price on carbon dioxide pollution, according to key world leaders at the international climate summit in Paris, including Canadian Prime Minister Justin Trudeau.

Either a tax on carbon dioxide emissions or putting a price on carbon and trading carbon pollution like pork bellies would help use capitalism to get closer to a day when the world isn't adding heat-trapping gases to the atmosphere, said leaders of Canada, France, Germany, Chile, Mexico and Ethiopia, as well as heads of the World Bank, International Monetary Fund and Organization of Economic Cooperation and Development on Monday.

"I have long believed that the most elegant way to drive innovation and to reduce carbon emissions is to put a price on it," U.S. President Barack Obama said Tuesday. "Obviously I'm not under any illusion that this Congress will impose something like this."

The number of countries, provinces, states or cities putting a price on carbon has tripled in the past year and is now at 40, including some U.S. states, World Bank Group president Jim Young Kim said Monday.

Kim and others pointed to straight carbon taxes in British Columbia, Sweden and France as examples of what works.

Trudeau said British Columbia's "world class" carbon tax proves such a device doesn't harm the economy.

Economists have known since 1923 that "smart economics puts a tax on bad things and not on good things," said World Resources Institute president Andrew Steer, a former Wharton economist who wasn't part of the multi-nation initiative on carbon pricing.

Steer compared it to taxing cigarettes to reduce consumption, although other methods of trading carbon pollution credits aren't quite the same, he added.

Obama called it something out of "an Econ 101 textbook."

"We simply cannot afford to continue polluting the planet at the current pace," Kim said. "Carbon pricing is critical for reducing emissions, preserving our environment and protecting the most vulnerable."

There are already costs — called externalities — to burning fossil fuels in terms of public health and deaths, costs the U.S. Supreme Court has recognized, said Wesleyan University economist Gary Yohe, who was not part of the Paris event.

THE ASSOCIATED PRESS

> **Cheap and dirty energy is not cheap for the planet or the health of our people.**
>
> Chilean President Michelle Bachelet

PARIS

New arrest in terrorist attacks

A woman was arrested Tuesday in a Paris suburb for suspected links to an intermediary to the only man charged in connection to the Paris terrorist attacks, according to two officials close to the investigation.

The officials, who requested anonymity to talk about the ongoing investigation, said the woman, whose name wasn't revealed, is the partner of the intermediary.

The intermediary, 25, had been arrested earlier on Tuesday in his home in Malakoff, south of Paris, by counter-terrorism police. A few hours later, police went with the suspect to search another apartment in Saint-Denis and arrested his partner who was there. The man and his partner have been taken into custody west of Paris.

The intermediary was in contact with Jawad Bendaoud, who was handed preliminary charges for providing housing to Abdelhamid Abaaoud, the suspected planner of the Nov. 13 Paris attacks that killed 130 people. THE ASSOCIATED PRESS

Chinese artist Wang Renzheng uses an industrial shop-vac along a highway in Beijing on Tuesday. Wang spent 100 days vacuuming the Beijing air, then baked the dust and pollutants into a brick (inset). THE ASSOCIATED PRESS; INSET: COURTESY WANG RENZHENG

Just another brick in Beijing's smog wall

PERFORMANCE ART

Dust Project illustrates level of pollution in China's capital

For four hours every day, for 100 days, Chinese artist Wang Renzheng used an industrial vacuum cleaner to suck in Beijing's notoriously polluted air at various landmarks.

Passersby were intrigued, inquiring if he was an air sanitation worker, or if he was taking air samples, or if he could be hired to do air sweeps of their apartments, Wang recalled.

The 34-year-old artist hopes the performance art — dubbed the Dust Project — can sharpen the public's sense of China's air quality.

Coincidentally, the project's 100-day phase of dust-collecting ended Sunday — right in the middle of this year's worst pollution spell in Beijing, when its landmark buildings disappeared into thick smog and residents were asked to stay indoors.

Monitoring sites reported that the density of the tiny, poisonous PM2.5 particles had reached more than 40 times the safe level set by the World Health Organization.

Wang said that his 400 hours of air-sucking had netted 100 grams of dust, which has been added to a mixture to make a brick at a factory in the northern city of Tangshan.

The 100 grams were more than he expected when he first embarked on the project on July 24 with the $1,100 vacuum cleaner.

The brick will be used in construction along with other bricks. "It should just disappear like a drop of water going into the sea," Wang said.

THE ASSOCIATED PRESS

THE FALLOUT

Fifth day of bad air quality

Schools kept students indoors and parents brought their kids to hospitals with breathing ailments Tuesday as Beijing grappled with extremely severe air pollution for the fifth day. Readings of the tiny poisonous PM2.5 particles reached 600 micrograms per cubic metre, as compared with the World Health Organization safe level of 25.

TECHNOLOGY

Startup aims to sniff out drunk drivers

Inside a few Canadian school buses a new sensor technology is helping keep drunk drivers off the roads. It's part of a test project underway at Sober Steering, a Waterloo, Ont.-based startup that aspires to make the breathalyzer obsolete with a different way to monitor blood-alcohol levels that's both faster and cheaper.

Sober Steering uses touch-based biosensor technology to monitor the person behind the wheel, essentially sniffing alcohol through their skin. Before they start the engine, the driver must place their palm on a sensor built into the steering wheel to activate the vehicle's ignition.

When they're on the road, Sober Steering requires the driver to "check in" with the system to ensure they haven't sneaked a few sips. If the driver consumed alcohol it would only take the sensor five minutes to detect the ethanol off the palm of their skin. If it does, the system alerts a home base, which can be police or a transit system's headquarters.

Catherine Carroll, Sober Steering's chief operating officer, believes the technology could reshape how we monitor drinking and driving. Plans are to gradually roll out Sober Steering in fleet vehicles, like construction machinery and coach buses.

> **"It's a springboard into other vehicles."**
> Catherine Carroll

But before that happens, the school bus industry is helping launch the concept, partly because the entire industry is a lightning rod for attention when drivers are caught intoxicated. "It's a springboard into other vehicles, but also there's something inherently emotional about a big yellow school bus," Carroll said.

THE ASSOCIATED PRESS

market minute

DOLLAR 74.83¢ (-0.06¢)

TSX 13,636.06 (+166.23)

OIL $41.85 US (+20¢)

GOLD $1,063.50 US (-$1.80)

NATURAL GAS: $2.231 US (-0.4¢)
DOW JONES: 17,888.35 (+168.43)

IN BRIEF

Student pleads guilty to turtle-smuggling

A University of Waterloo student caught with 51 turtles in his pants last August at the Windsor–Detroit border crossing has pleaded guilty to smuggling in a court in Michigan. Kai Xu, 27, ordered the American turtles online. THE CANADIAN PRESS

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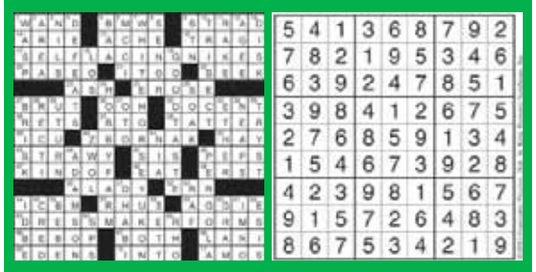

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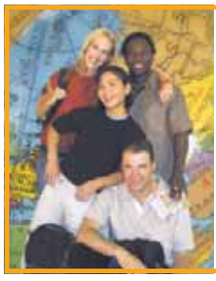

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DAILY WARM UP
Calgary metro

metro VIEWS
Your essential daily news
Wednesday, December 2, 2015

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

For our son's wedding, the couple requested donations to their honeymoon fund in lieu of gifts. One of our friends told my wife how offended she was by this. We haven't spoken to them since. Should she have kept her objections to herself?

Ani Castillo

Dear Ellen:

Our oldest son got married in September. Both partners were established with their own homes, and when they moved in together had everything they needed for their household. As a result, when they sent out their wedding invitations they requested donations to their honeymoon fund in lieu of gifts. We had invited some of our best friends to the wedding. At a party before the wedding, one of our friends took my wife aside and indicated how offended she was by this request. Because of this "confrontation" we uninvited them and haven't spoken to them since. Should she have just kept her objections to herself and bought them a gift anyways? And did we overreact? They are longtime friends and I am quite amazed that a wedding invitation has come between us.

Joe, Scarborough, Ont.

Dear Joe,

I'm sorry to hear that your son's wedding caused so much strife. I could offer platitudes along the lines of "at least you didn't become estranged from any relatives," except that losing a friendship is sometimes more painful than losing touch with a loathsome aunt or uncle.

There are a few layers to your question, so let's start with the affianced couple's request for money. To some old-school types, like your friends, and me, straight-out asking for money does feel a bit crass. The point of a wedding gift is not just to help a young couple get started, but to give them a tangible reminder that you were there when they became as one. I have friends who still cherish the beautiful martini set I gave them years ago, and other friends who curse my name to this day for the crystal candle holders that become problematic if you drunkenly forget to douse the candles at the one-inch mark, at which point the flames can crack the crystal — why do they even make crystal candlesticks anyway? It's stupid. My point is, envelopes of cash, though always welcome, can be impersonal.

The point of good manners is to have them even when you think others do not.

In your son's defence, I will concede that, as you point out, most couples today are already shacked up and have all the gadgets and linens they need, which can make choosing a gift difficult. For many parent-aged guests, it's vastly easier to write a cheque than try to guess what kind of vase will go with moustache wallpaper or faux-fur upholstery (though an ironically customized, oversized mason jar would probably do the trick).

Whatever the guests' views are, however, it is absolutely wrong to confront the groom's mother to complain and risk ruining what is already a super-stressful event. The point of good manners is to have them even when you think others do not. If your friends were that irritated, they could easily have ignored the request and made the couple work for their cash by giving them a highly returnable candy dish from Birk's.

Or, if they wanted to send a more explicit disciplinary message of resentment, a simple set of hideous beach towels and matching, unpackable sombreros would have done the job nicely.

As for whether you overreacted by uninviting them, I cannot say. It depends on how aggressive the "confrontation" was, and on why you put the word "confrontation" in quotation marks. Are we talking disagreement through gritted teeth here? Or hand-to-hand combat?

If it makes you feel any better, keep in mind that your friendship may have been on its last legs anyway. Weddings are the kind of traumatic social event that acid-tests every relationship. Wish your friends well, and see how you all feel in a year or so.

And please make sure your son and his spouse send thank you cards for every penny they rake in.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

Never mind Nannygate. The real scandal is wealth inequality.

Nannygate? Please.

So the most powerful person in this country is the parent to three children, and married to a woman with a career of her own and now the added duties of being a prime minister's wife.

So the Liberal government hired a few nannies to help out around Rideau Cottage and lend a hand with the kids.

So what?

Yes, I know, Trudeau made a big to-do during the campaign about exactly how much his family doesn't need taxpayer dollars to cover child care.

Railing against the Conservatives' Universal Child Care Benefit that funnelled about $3,000 his way, he told media that "we don't need it. And Canada can't afford it."

And, now that he's in office, taxpayers are most assuredly paying more than three grand a year for two nannies, at $11 to $20 an hour each, depending on whether they're working a day or night shift.

But did anyone actually think that, of all the perks that go along with being prime minister, child care wouldn't be included? Do taxpayers somehow feel morally OK with paying for his in-house chef, and not his nannies?

Being prime minister isn't a blank cheque, but it is a privileged position, and I couldn't care less that we're supporting two child-care professionals along with the gardener.

Far more important — and the point of all of Trudeau's anti-child-care-benefit rhetoric — is the need to address the growing inequality between people in this country. According to the Broadbent Institute, the richest 20 per cent of Canadians own almost 70 per cent of the country's wealth. Last year, TD Bank called rising inequality a "threat to economic growth" — and it's most certainly a threat to the ability of many Canadians to afford quality child care.

And if you want to talk about nannies, let's talk about how much they're paid (hint: it's less than the chef). My sister worked for years as a nanny. Often spending more time with children than their own parents could, she moulded the kids she worked with, giving them basic tools to handle their emotions, teaching them self-respect and responsibility, never mind joy and self-expression. It was not particularly lucrative, though the families she worked with did pay her in gratitude. And it showed me that we value coding skills, say, over raising kids.

Nannygate could better earn its hand-me-down name if it alluded to some of these more pressing scandals in Canadian child care. What the Globe and Mail calls Trudeau's "apparent contradiction" is an incredibly underwhelming controversy, at best.

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Golden ways to goose eggnog

HOLIDAY DRINKS

Modern takes on a traditional festive tipple

Melissa Dunne
For Metro Canada

'Tis the season to don ugly Christmas sweaters whilst sipping on eggnog à la the Griswolds in National Lampoon's Christmas Vacation.

The drink with the consistency of a melted milkshake is traditionally made from scratch with eggs, milk, cream and sugar, then finished off with a sprinkling of spices. Domestic goddess/woman after my own heart Martha Stewart spikes her homemade eggnog with not one, not two, but three liquors (bourbon, dark rum and cognac).

GULP

We bought more than 7.6 million litres of eggnog in the last two months of 2013, according to the latest Statistics Canada data.

Most of us are not Martha, so we end up just buying whatever carton of eggnog happens to be on sale at the grocery store. We bought more than 7.6 million litres of eggnog in the last two months of 2013, according to the latest Statistics Canada data. It's certainly not all good — much of the mainstream stuff has an odd consistency and even odder fluorescent-tinged hue to it.

Books like Alissa Hamilton's Got Milked? and vocal vegan celebrities such as Alicia Silverstone have many of us thinking twice about putting conventional cow's milk into our bodies.

But, no need to shake your noggin in despair as in recent years Santa and his elves have whipped up a slew of organic and alterna-nogs so everyone can partake in a little Christmas in a cup this holiday season.

YOU MADE THIS?!

Silk sells a soy nog in the U.S., but sadly it's not available here. Instead, the makers of Silk alternative milks suggest blending one cup of the alterna-milk of your choice (almond, rice, soy, coconut, cashew etc.), 1/2 a frozen banana and 1/2 tsp of vanilla. Then add spices, such as turmeric, cinnamon and nutmeg to taste. Pour your nog into a Marty Moose Mug ($36, Urban Outfitters) and get ready to channel your inner Clark Griswold.

IS THAT ORGANIC?

Not only is Organic Meadows eggnog organic it's also GMO-free and kosher. The creamy concoction is made at the family farm in Guelph, Ont., with fresh Ontario eggs and milk. It comes in a carton or a returnable glass bottle at select stores for between $5.99-$7.29 in the Greater Toronto Area. If you're outside of the area and are passionate about supporting farmers in your community ask around to find a local brand that makes an organic eggnog.

PUT THE NOG IN THE COCONUT

In America there are rows upon rows of alterna-nogs at stores this time of year. On this side of the border, the options are more limited. Good news for those who are off dairy these days: So Delicious sells a seasonal coconut milk nog at select stores, including some Whole Foods Markets for about $3.99. The nog features organic coconut milk and organic cane sugar. Add a cinnamon stick, plus a splash of liquor of your choice and toast to Christmas miracles. Ask around to find a local brand that makes an organic eggnog.

FESTIVE ALMOND MILK

Vancouver's Earth's Own puts out a Noël Nog this time of year that's sold at select stores including some Whole Foods, Sobeys, Metro and Safeway for about $2.99. The festive drink is dairy- and egg-free and features filtered water, almonds and cane sugar. Make sure to have a bottle on hand at your next holiday party so your vegan friend can partake in some spiked nog, too.

ADD A JOLT OF CAFFEINE

Many indie coffee shops sell eggnog lattes with organic milk this time of year that will turn even the biggest Grinch into a bundle of caffeinated joy. Balzac's Coffee Roasters puts a very modern twist on the traditional drink this season, offering up a blend of nitro cold-brew coffee and Harmony Organic's eggnog for $4.75, only available at its Distillery District location in Toronto. Invent your own version by mixing your favourite nog and cold brew together. Cheers to Eggnog Season!

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Step away from the onion-soup mix

PARTIES

Home-made dip is way more healthy and delicious

Although dipping sauces are part of many party scenarios, it's easy to treat them as an afterthought.

Most supermarkets have the usual suspects — jars of salsa or plastic tubs of onion, dill or spinach dip, hummus or tzatziki. Buy one, take the lid off and you're good to go.

But they're not cheap, they're often high in salt and/or sugar, and may contain preservatives.

It's much more interesting to concoct your own flavour combinations to wow guests with little effort and at a lower cost.

Dips are also a great way to encourage guests to eat their veggies, says Brooke Bulloch, owner of Food to Fit, a nutrition consultation firm in Saskatoon.

Then there's the nutrition factor of the dips themselves.

"With homemade dips, we can better control the ingredients," she says. "A lot of dips have full-fat cream cheese or mayonnaise. With homemade, you could lighten up a guacamole by adding yogurt and salsa. You can also make it go farther.

"You could lighten up a spinach dip with light cream cheese and plain yogurt instead of full-fat cream cheese and mayonnaise."

Bulloch, who is also a spokesperson for Dietitians of Canada, is a huge fan of plain two per cent Greek yogurt as a dip base.

"It doesn't have to be zero fat because that's where a lot of the flavour comes," she says. "But it's rich in protein and you actually get some nutrients, B12 and calcium. And because Greek yogurt is so thick, it gives the texture we look for in dips."

"Sometimes we try too hard to healthify everything and to make everything lower calories."

Brooke Bulloch, owner of Food to Fit

For example, she makes a Mexican-style dip by adding cumin, chili powder and a little salt to the yogurt; a Greek-style tzatziki by combining the yogurt with lemon and cucumber; or a spicy dip by adding Sriracha, garlic and chili powder to the yogurt.

Bulloch is also partial to bean-based dips.

"We know chick peas and lentils and black beans are loaded with fibre and folate, a little bit of protein. They're super nutritious, low in fat. You can also spice them up and they can make a really thick dip consistency."

They also have the advantage of filling you up so you eat less, she says. People also tend to eat smaller portions of spicy dips.

Many dip recipes are cheese-based. Generally Bulloch says she prefers a fuller-fat version of cheese because of the flavour factor.

"But if it comes to a dip that I know I'm going to eat quite a bit of it and the main ingredient is cheese, I will always opt for a light cream cheese or ricotta or two per cent cottage cheese."

She also suggests smoked paprika in dips as a substitute for bacon and recommends avoiding the use of dried onion soup mix, which she says is "just loaded with preservatives and fillers and salt." Instead, add garlic powder, onion powder and salt to taste to simulate the same flavour.

Price-wise, although you might have a few ingredients to buy to make dip, compared to buying one tub of commercial dip, you're going to get a lot more volume, she says.

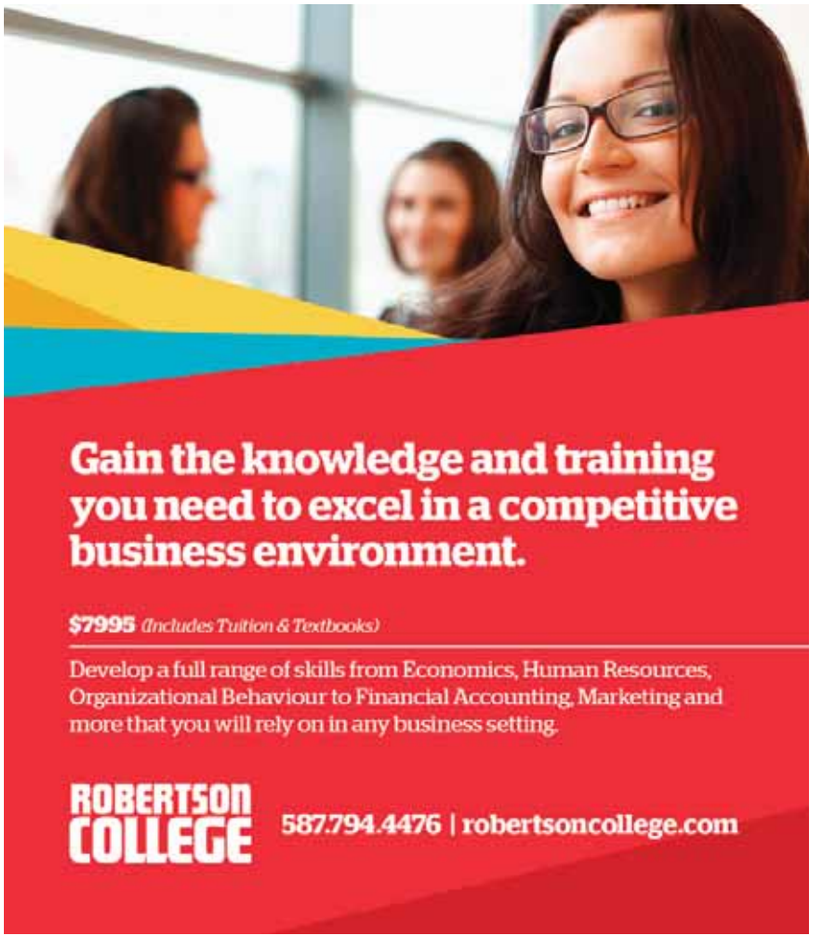
Bulloch suggests that while it's always important to be conscious of what we're serving and consuming, it's also important to remember the reason for entertaining.

"Sometimes we try too hard to healthify everything and to make everything lower calories. But if I'm going to make a spinach dip, I want the real thing. I know a lot of people feel this way."

The bottom line is that it's the holiday season and you want guests to enjoy themselves and enjoy the food.

THE CANADIAN PRESS

Pina Colada Dip and Layered Mexican Dip are healthy, delicious dips you can make at home. IMAGES DAIRYGOODNESS.CA AND COOKSPIRATION.COM.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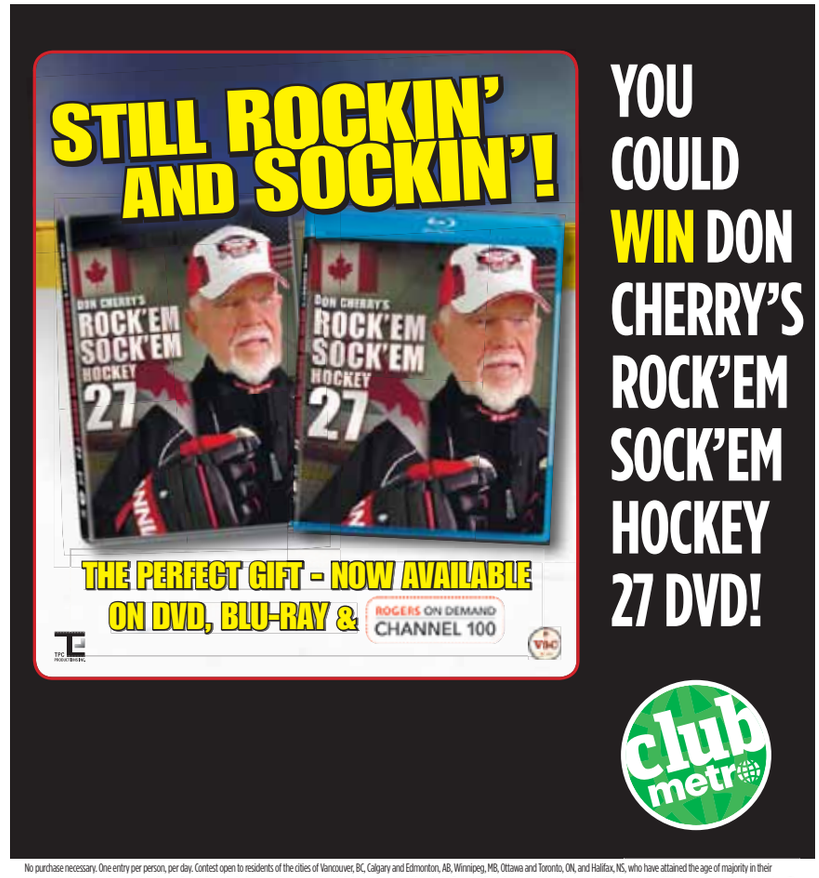
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Beat the blues with yogurt

NUTRITION

Study finds probiotics help with negativity

Theresa Albert
For Metro Canada

Feeling a little moody? Maybe you want to try some yogurt to beat the blues.

New studies have the nutrition world saying "I told you so" as they confirm that gut bacteria contributes to the management of mind and mood. The mechanisms aren't clear yet, but the years of research on animals has been convincing enough to gain the focus of many researchers to start testing the impact of probiotic supplementation on humans.

Both Leiden and Cambridge Universities are in the news for confirming that it appears to hold true that humans experienced decreased sensitivity to depression and negative stimuli when taking probiotics. In the Leiden University study, administering probiotic powder to participants resulted in reducing the occurrence of rumination, a predictive behaviour in depression.

Mental health aside, it is never too early to start improving the health of your gut bacteria, particularly if you have been on antibiotics.

Here are some foods that could help rebalance your gut:

- Fermented yogurt, soy milk or keffir
- Fermented foods like tempeh, kimchi, sauerkraut and miso soup
- Prebiotic foods that help feed the active probiotics: inulin, chicory root (in coffee substitutes), onions, garlic, artichokes, sweet potatoes and bananas.

Maybe your gut feeling is true and it isn't all in your head after all.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food

Both Leiden and Cambridge Universities have recently published studies linking probiotic consumption with decreased sensitivity to depression. TORSTAR NEWS SERVICE

LIQUID ASSETS

Raise a Shiraz for Australian wine

Peter Rockwell
For Metro Canada

While we here in Canada prepare for Old Man Winter, Down Under my winemaker friends are waxing-up their surf boards; having just welcomed the beginning of their summer.

As much as I hate that about them, nothing warms up my cold nights better than a glass of full-bodied Shiraz, the grape that single-handedly turned Australia into a winemaking force to be reckoned with back in the mid-'80s.

Though today they may be more well-known for quaffable versions, there's still plenty of meaty and muscular Shiraz to be found on the shelves at your local liquor store.

The Jacob's Creek 2013 Double Barrel Shiraz (Australia, $16.49–$20.99) pumps up the volume with an innovative take on aging. After resting in a combination of French and American oak for over a year the Barossa juice then sees some time in used Scotch whisky barrels.

The finished wine is a mouthful of complexity that will make a great gift for any red lover on your holiday list.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

FOOD BRIEF

Beer mile record holder defends title on Ellen

Lewis Kent has another victory to add to his running resume — winner of Ellen's Beer Mile Race.

The 21-year-old from Mississauga, Ont., who broke the beer mile world record last month, beat an Ellen staff member on Tuesday's episode of The Ellen DeGeneres Show.

THE CANADIAN PRESS

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Hanson is old enough to drink

MMMHOPS

Boy band brews their own award-winning beer

Brothers take a break from brewing beats to develop their own signature beer. THE ASSOCIATED PRESS

The problem with getting liquored up with the Hanson brothers — yes, the MMMBop boys — is that you can't get that tune out of your head the entire time you're talking to them. Or for days after. Apologies for the ear worm.

The only consolation is that they're no longer boys, which makes the whole affair seem less icky. Because when you say to yourself, "I'm going drinking with Hanson," the mental image is of pounding back a few with the bouncy preteens from those "ba du bop, ba duba dop" music video days. Luckily, like the rest of us, they grew up. And it turns out, they grew into really nice guys who not only are still making music, they also are pleasantly obsessed with craft beer.

So obsessed, in fact, that they've launched their own, a pale ale. That's right. You can now pop open an Mmmhops (tagline: From the Guys That Invented Mmmbop).

Their music careers have chugged along pleasantly since 1997, the year MMMBop was seared into our pop ethos. Careers quiet by industry standards, yet robust enough with a fervent fan core to keep the brothers happy. Meanwhile, 18 years of tours and time on the road mean they've sampled a whole lot of good (and bad) beer. (You can do the math. Isaac, Taylor and Zac Hanson are 34, 32 and 30, respectively, and are pretty shameless about how long they've been sipping suds.)

"We travelled the world as kids and we got turned on to great beer," said Isaac Hanson. "At some point you decide to take something you really like and turn it into a business you love."

A few years ago — around the same time they launched the Hop Jam beer and music festival in Tulsa, Okla. — they started playing around with making their own beer. The brothers found they not only enjoyed the process, but the results weren't so bad, either. So at the end of their 2013 tour, they put off work on a new album to focus on brewing. Eventually, they contracted with Mustang Brewing Company in Oklahoma City to make the operation legit and today Mmmhops — winner of a gold medal from the Beverage Tasting Institute in 2014 — is available in 16 states.

> **We won a gold medal for our beer before we won a Grammy.**
> Taylor Hanson

And though the brothers — now all married and all with multiple children — see their music and beer in a symbiotic relationship, they're not averse to the thrill of one outshining the other.

"Hey! We won a gold medal for our beer before we won a Grammy," said Taylor Hanson. "I'll take that!"

Despite the name the beer isn't overtly hoppy; it's actually a pretty good beer: citrusy, clean tasting and totally drinkable. The brothers see it as an entry point to craft brews, particularly for fans of their music.

THE ASSOCIATED PRESS

GOSSIP IN BRIEF

George Lucas defends Greedo shooting first

George Lucas is getting his fans going by bring up a contentious topic from the Special Edition versions of the original films released in 1997: Greedo shooting first. In an interview with the Washington Post he tells why he still thinks it was a good idea to digitally alter the original Star Wars so that Han Solo gets shot at before he takes down his nemesis.

"Han Solo was going to marry Leia, and you look back and say, 'Should he be a cold-blooded killer?'" Lucas says. "Because I was thinking mythologically — should he be a cowboy, should he be John Wayne? And I said, 'Yeah, he should be John Wayne.' And when you're John Wayne, you don't shoot people (first) — you let them have the first shot. It's a mythological reality that we hope our society pays attention to."

Harrison Ford has made his feelings on the matter perfectly clear, saying in a 2014 Reddit AMA, "I don't know, and I don't care."

NED EHRBAR/METRO

JOHANNA SCHNELLER **WHAT I'M WATCHING**

Not just a plot device: the warranted fight

Scott & Bailey: Season 3, Episode 7 (Netflix)

At the end of Episode 6, Manchester police Detective Constable Janet Scott (Lesley Sharp) stumbled upon her cop partner and best friend, Rachel Bailey (Suranne Jones), in her guest bedroom, in flagrante delicto.

This infuriates her: Rachel is married, and Janet's sick of Rachel's compulsion to screw up her life. In Episode 7, they have a humdinger of an argument, in which they both say specific, accurate, hurtful things.

Now, I'm wary of the girlfight trope. Too many shows depict women as inevitable enemies — all factual evidence of lifelong, sustaining female friendships be damned. Scott & Bailey was different. It was centred on the power of women working well together. It resisted the girlfight.

This argument, however, turns out to be earned. It's not so much the two minutes of shouting in Janet's car — it's the rest of the episode, the aftermath, scene after scene of Janet and Rachel feeling frosty, anxious and miserable. They won't meet each other's eyes. They try to appear nonchalant, but they're vibrating with hurt. They keep searching each other for signs of weakness, but when they see them, they double down on punishing each other instead of forgiving.

Scott and Bailey explores the mysteries of female friendship. CONTRIBUTED

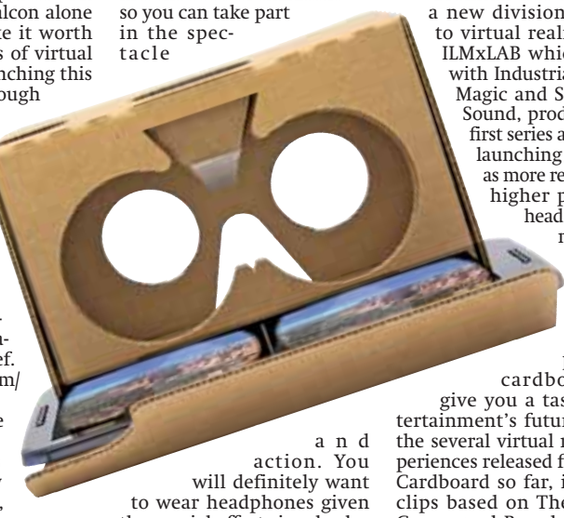
Things aren't resolved neatly either. The tension continues into Episode 8, and it pushes both women to admit uncomfortable things about themselves. Rather than denigrating female friendships, this fight shows how important they are, and how wounding it is when they fail, even temporarily. Friendship is love, after all, and like all love, it comes with pain.

STAR WARS

The Force Awakens with virtual reality app and Google Cardboard

Kris Abel
For Metro Canada

The chance to get up close with the Millennium Falcon alone is enough to make it worth trying out a series of virtual reality movies launching this week for free through the official Star Wars app. For the full effect you'll need a Google Cardboard viewer, an inexpensive box that folds into goggles around your phone, available online through Amazon, Indigo, Unicef.ca, and Google.com/cardboard.



Awaken The Force Within includes chapters that are just a few minutes in length, but detail a storyline that leads up to the opening moments of Star Wars: The Force Awakens. Intended by Lucasfilm as their first, convincing use of virtual reality, the experiences go beyond just giving you a 360 degree "look around" to actually placing you into the boots of characters so you can take part in the spectacle and action. You will definitely want to wear headphones given the special effects involved.

"No one really knows how audiences are going to experience virtual reality" says Lynwen Brennan, Lucasfilm General Manager, "but I do know that we have the most expansive universe to explore in Star Wars."

Brennan has launched a new division devoted to virtual reality called ILMxLAB which, along with Industrial Light & Magic and Skywalker Sound, produced this first series and will be launching new ones as more realistic and higher priced VR headsets arrive next year.

It may seem crazy that a piece of cardboard can give you a taste of entertainment's future, but of the several virtual reality experiences released for Google Cardboard so far, including clips based on The Hunger Games and Broadway's The Lion King, this Star Wars experience by far has the most convincing magic.

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Classic holiday treat gets a makeover

FOR HOLIDAY PARTIES

Churros with 'chocolate orange' sabayon

Jennifer Friesen

As a child growing up in Venezuela, the holidays always meant chocolate oranges to Shamir Bechara.

In an attempt to "beat the system," all the kids in his family would stay up until midnight on Christmas Eve, just to tear into their gifts at midnight.

"Eating all that chocolate always helped to keep us up late," he laughed. "And I went years without having one — I always thought chocolate oranges were just a part of back home — but then I started seeing them around here just recently, and it triggered all those memories."

Now, as the chef de cuisine at ChefBar, Bechara has reimagined the classic holiday treat and brought it to the grown-up table. Melting chocolate with orange zest in a sabayon, the flavour he loved as a child has become a dip served with churros.

The dessert is a traditional Latin American fritter, similar to a doughnut, with a crisp pastry on the outside and a spongy centre. Bechara said that it's a perfect dish at a Venezuelan gathering, where more often than not, a guest list of five can become a party of 30.

"For large gatherings, people will want to bring friends along and we always welcome everyone with open arms," he said. "You just have to adapt and always overcook."

Bechara added that the churros are a way to bridge the gap between strangers when friends of friends collide.

"I felt like this taste really embodied Christmas," he said. "So having this at a large gathering, having it be so shareable and triggering so many memories, it's the perfect way to get your guests talking."

TIPS

Hosting large gatherings:

1. "Have food ready for when people walk in, so you really have time to prepare the main event: dinner."
2. "Wine, lots of wine. When you're in a social setting where maybe you don't know everybody, it loosens people up and opens them up to conversation with each other."
3. "Try to have something out of the norm. Everybody does chips and dips, but if you take a little extra time to prepare something surprising, people will have something to talk about."

After rediscovering chocolate oranges, Shamir Bechara, chef de cuisine at ChefBar, was inspired to make a churros with a chocolate orange dip. JENNIFER FRIESEN

CHURROS BATTER

INGREDIENTS

1 cup water
2 tbsp. brown sugar
1/2 tsp. salt
1/3 cup of butter
1 cup all-purpose flour
2 eggs
1/2 tsp. vanilla extract
1/4 cup sugar
1 tsp. ground cinnamon

DIRECTIONS

1. In large sauce pan bring water, brown sugar, salt and butter to a boil over medium heat. Reduce heat and gradually add flour while mixing.
2. Once the flour has been fully incorporated, mix over low heat until a smooth batter is formed.
3. Transfer batter into a bowl and fold in eggs and vanilla until fully mixed, then transfer batter into a piping bag fitted with a 3/8" star piping tip.
4. Combine sugar and cinnamon and set aside.

SABAYON

INGREDIENTS

12 ounce unsweetened dark chocolate
2 tbsp. orange zest (roughly 2 medium oranges)
8 egg yolks
1/2 cup sugar
1 cup heavy cream

DIRECTIONS

1. In a medium bowl combine chocolate and orange zest.
2. Set over a pan of simmering water (the bottom of the bowl should not touch the water).
3. Remove from heat once melted and set aside.
4. In a separate bowl whisk heavy cream until soft and set aside.
5. In a third bowl whisk egg yolks and sugar until a pale yellow, then place over sauce pan of simmering water.
6. Whisk mixture, alternating on and off the heat, until mixture thickens. Take off heat and fold in chocolate mixture.
7. Once fully mixed, add in the heavy cream.

TO ASSEMBLE:

1. In a heavy-bottom pot, bring four inches of canola oil to 375F.
2. Squeeze 4-inch long churros into hot oil, cut the dough at desired length with scissors.
3. Cook for roughly 2 minutes or until golden brown.
4. Once cooked, place on paper towel to absorb excess oil and dust with cinnamon sugar mixture.

CO-OP Best Fresh

Muffin Tin Stuffing

1 ½ cups ground turkey meat
3 cups CO-OP GOLD chicken stock
½ cup red onion
1 ½ tsp. CO-OP GOLD five spice blend
½ cup dried apricots, diced
8 cups (2 L) dried bread cubes
1 Envy or Granny Smith apple, diced
1 ½ tbsp. sage
1 tbsp. garlic, minced
2 tbsp. parsley

Preheat the oven to 350° F. In a medium-sized sauté pan over medium high heat, begin lightly browning the turkey meat in a splash of oil. When the meat is browned, add the onion, apricots, apple and garlic. To the sauté pan, add half the chicken stock and the Five Spice blend. Continue cooking over medium heat for approximately ten minutes or until reduced by half. Remove from heat and allow the mix to cool slightly.

Transfer the mixture to a large mixing bowl. Add the bread cubes, sage, parsley and remaining chicken stock to the cooked mixture. Gently stir to combine and moisten the stuffing. When the mixture is evenly combined, mound the mixture in lined or lightly greased muffin tins.

Bake the stuffing in the oven for approximately 15 minutes, until the stuffing has browned on top, but is still moist inside.

Recipe Courtesy of Dale MacKay

Avoid the holiday rush.

Scrambling for a stress-free potluck item for that neighbourhood get together? We have everything you need. Visit us at calgarycoop.com for more great recipes and entertaining ideas.

metro DRIVE

Your essential daily news

BMW launches one-stop web shop in response to growing consumer trends

Leaders of the pack

Last week, the Automobile Journalists Association of Canada revealed the winners in nine best-of categories for 2016. Mercedes-Benz and Volkswagen were the big winners, taking two honours each, while Chevrolet, Honda, Kia, Mazda and Volvo also scored awards. Metro's Mike Goetz and Jil McIntosh were among the more than 70 judges who took part. Here are their takes on a few of the winners. **METRO CANADA**

AJAC winners: A roundup

1 Family Car: Volkswagen Golf Sportwagen 1.8 TSI
Mike Goetz: "A fully modern station wagon equipped to ace all family assignments."

2 Pickup: Chevrolet Silverado
Jil McIntosh: "A new eight-speed automatic mated to the V8 provides even smoother performance."

3 Small Car: Honda Civic Sedan
Mike: "A trim, well-engineered decathlete that excels at everything."

4 Sports/Performance under $50K: Volkswagen Golf R
Jil: "Fast, sharp, and beautifully balanced, the Golf R is the ultimate 'hot hatch.'"

5 SUV/CUV under $35K: Mazda CX-3
Mike: "Tiny perfect crossover."

6 Prestige/Performance: Mercedes-AMG GT S Coupe
Jil: "When I win the lottery, this is the first thing I'm going to buy."

EMISSIONS

French carmakers get top marks in CO2 tests

French manufacturers topped the list of European cars and vans with the lowest carbon emissions, the European Environment Agency said in a report published on Thursday.

French vehicle brands Renault, Peugeot and Citroen — which ranked first, second and third — had an advantage in the study because average emissions data was evaluated without taking into account the number of cylinders in the engine or the fuel.

France sells smaller engines in southern Europe, and the French market is also dominated by diesel engines, which generate less CO2 than petrol.

In 2014, Renault retained its first-place ranking, with 108 grams of carbon dioxide per kilometre (g/km), ahead of Peugeot (110 g/km), which had previously been third behind the Korean Hyundai, and Citroen (111 g/km), which had previously been tied at fourth.

Overall, vehicles sold in Europe in 2014 emitted 2.5 per cent less CO2 than in 2013, a decrease that remained constant compared to previous years. But this figure excludes Volkswagen after the company admitted in early November that its emissions were 18 per cent higher than previously reported. AFP

IN THE LAB

The emissions data were based on tests performed in a laboratory setting using a standard European vehicle test cycle. The results might not reflect real-world driving performance, the report said.

Renault retained its first-place ranking among European car brands. ERIC PIERMONT/AFP

IN BRIEF

Honda Pilot gets a five-star safety rating
The National Highway Traffic Safety Administration (NHTSA) has given Honda's mid-sized SUV its highest overall vehicle score.

The award follows a similar five-star rating from NCAP in the U.S. and an equally important Top Safety Pick+ rating from the Insurance Institute for Highway Safety (IIHS), when the car is specified with optional crash prevention equipment. AFP

Mazda MX-5 scoops Japan car of the year award
The sixth-generation Miata MX-5 roadster has been honored with the Japan Automotive Hall of Fame's (JAHF) top annual accolade.

The JAHF's judges said that the MX-5 won car of the year because of its sophistication and for its fuel efficiency as much as for its handling and driver involvement.

Since its launch in 1989, the convertible has managed to sell 500,000 examples despite being in a very competitive niche. AFP

The new Buick LaCrosse uses special materials to reduce cabin noise. COURTESY GENERAL MOTORS

This is the sound of superior car design

DRIVING FORCE

Buick turns to new methods in noise reduction and tuning

Jil McIntosh
For Metro Canada

There are many factors that go into designing and engineering a car, and one of them is the way it sounds inside. The more luxurious a vehicle is, the quieter its cabin is expected to be.

But traditional noise-suppressing materials can be heavy, and any extra weight can reduce fuel efficiency. As automakers strive to trim the fat off their vehicles, many are going to new methods, such as the materials Buick is using in its all-new 2017 LaCrosse.

"In the past, we've tried to block the noise out," says Lesley Weiss, noise and vibration engineer for GM's global midsize cars. "The current system has foam. We call it a barrier system. It's foam with an oil-based back, like a heavy mat."

Instead of lining the inside of the cabin with these heavy materials, Buick uses a variety of lighter-weight systems, each type used depending on where it's placed. The carpets and wheel well liners absorb noise, but the LaCrosse's most interesting method is a pad attached inside the front of the dash. Rather than block noise as traditional barriers do, the mat absorbs it.

The pad, which is made of an engineered cotton material, works the same way as soft materials do in your home. Noise will reverberate in an empty room with hard walls and floor, but adding carpet, drapes and upholstered furniture will make the room quieter as they absorb the sound. "We let the noise into that area of the car and absorb it, versus a heavy layer that blocks it out," Weiss says. "It costs about the same (as a barrier) but weighs less."

The right sound

But getting a vehicle's cabin sound right isn't just about keeping the noise out. The car's switches, dials and levers all make noise when they're activated, but the sound they make is not random. Engineers work on all of them to ensure they're just right, whether it's that the driver knows a switch is engaged without having to look at it, or that the shifter has the right "click" to it.

But while engineers try to shave grams of weight from every component, which adds up over the thousands of parts in a car, it creates new challenges to keep their noise and vibration down. A lightweight button, for example, may make an odd sound. "We'll work with the supplier to determine what is making the noise inside it," Weiss says. "There may be a spring that pushes the button back up and it has some ring, so we can add something for increased damping. (The fix is) specific to every noise, and how you attack it is different. We're concerned about everything that makes noise in the car."

THE SCIENCE

- Many automakers use active noise cancellation, which sends inaudible sound waves from the speakers, even when the stereo is playing, that help cancel out unwanted engine noise.
- Buick engineers have their own standards for noise levels, but they also bring in competitors' cars for comparison.
- Sports cars are much noisier than family vehicles, and that's part of their appeal, but even they are engineered to have the "right" engine, exhaust and cabin sounds.

COURTESY GM

Get an electronics scan of used Volt

USED VEHICLE

Buy 2011-15 models worry-free after tests

The range-extended Chevrolet Volt EV hit the Canadian marketplace for model year 2011 with a unique Voltec propulsion system, allowing the electrically-driven five-door to recharge its batteries via a gasoline "range extender" when an initial charge, gained from plugging the vehicle into an outlet, is depleted.

The average shopper can consider the Volt to be an electric car, but with gasoline backup to avoid range limitations. If your commute is less than 80 kilometres a day, and you plug your Volt in at work, you'd virtually never use any gasoline.

All models were four-door, front-wheel drive, and feature content included available BOSE audio, navigation, Bluetooth, automatic climate control and OnStar.

The test drive

Buying a used model without a full inspection at a Chevrolet dealer is strictly advised against. You'll want a Volt-trained technician to perform a full, on-the-hoist inspection, as well as an electronics systems scan, which can reveal issues with many components, including the battery.

Inspect the condition of the pricey-to-replace charger and cord assembly for signs of damage, which could pose a safety issue. Try the charge door, confirming it opens and closes properly, as owners have reported numerous issues with the door getting stuck or failing to open.

Once you've confirmed that the Volt's stereo and climate control system are both in working order, turn them off and drive the car with light, moderate and full throttle and in both Drive and Low gearing ranges, with your ears open. A high-pitched or notably loud whining sound, which some owners say reminds them of a band saw, could be an issue with a bearing in the driveline.

Confirm proper operation of the AC system throughout your test drive, and if it doesn't work as expected, have a dealer investigate. Note that a clogged cabin air filter can slash the effectiveness of the AC system, too.

It's worth noting that with both a lengthy battery warranty, and advanced battery controls, the issue of battery failure is virtually non-existent. At the time of writing, virtually no owner-reported issues with battery failure were discovered.

JUSTIN PRITCHARD

Engines

All models get a 16-kilowatt battery pack and electric motor drive unit, as well as a 1.4-litre gasoline engine. A one-speed direct drive transmission sent 273 lb-ft of torque to the front wheels.

What owners like

Owner reviews typically see positive feedback on the extended driving range, conventional-car driving feel, slick and unique styling, a modern and upscale interior, and overall comfort in seating and ride quality. Noiseless cruising in EV mode, and the robust low-end torque, are also highly appreciated.

What owners dislike

Common gripes include some easily-scuffed interior plastics, a relatively small cargo hold given the Volt's overall size, and a heavy feel to the car when driving around corners.

The verdict

Overall, most owners say the Volt is the most reliable car they've ever owned, reporting few if any issues. Shoppers set on the Volt are advised to invest in any extra warranty coverage available for maximum peace of mind, and to buy confidently after attaining a thumbs-up from a Chevrolet dealership.

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metro SPORTS

Blackhawks right-winger Patrick Kane was named the NHL's first star of November with 23 points in 13 games

Dickenson thrown curve during first week in charge

CFL

New coach gets news defensive co-ordinator Stubler has quit

Dave Dickenson has only been on the job as head coach of the Calgary Stampeders for a week and he's already dealing with a surprise departure from his staff.

Dickenson, meeting with the media for the first time since succeeding John Hufnagel as coach, confirmed Tuesday that defensive co-ordinator Rich Stubler will not return next season.

"We did have some change that we weren't expecting on our coaching staff," he said. "It was certainly nothing I had heard inklings of and got word of it late last week and it was confirmed yesterday. I really do like Stubes and I felt like this should have been a relationship we could have continued. He did a great job."

Stubler spent two seasons as Calgary's defensive co-ordinator. The Stampeders reached the West Division final before falling to the eventual Grey Cup champion Edmonton Eskimos.

"He's the one that decided to leave," said Dickenson. "It certainly wasn't anything on our end, but I'm excited that we'll have people in place and it gives us an opportunity to either promote or find some other people to help our defensive team out."

New Stampeders head coach Dave Dickenson speaks to reporters at the team's clubhouse on Tuesday. Dickenson was promoted from offensive co-ordinator. JEFF MCINTOSH/THE CANADIAN PRESS

> **"I really do like Stubes (Rich Stubler) and I felt like this should have been a relationship we could have continued. He did a great job.** New Stamps coach Dave Dickenson

Should the Stamps decide to promote from within, Dickenson said current defensive line coach DeVone Claybrooks would be a candidate. "It has to be the right fit for everybody, but I certainly love the way DeVone works," said Dickenson. "I thought he was a major part of our success already this past year."

After working with Calgary's defensive line for the past four seasons, Claybrooks said he would jump at the chance to take on more responsibilities under Dickenson's direction.

"I've been on the defensive side of the ball and I've had all the opportunities to grow and be a defensive co-ordinator," said Claybrooks. "He does a good job at his craft and he puts a lot of time into it. He's very organized, very detailed and he'll put people in positions to be successful. Our job as assistants is just not to mess it up. I'm excited to have him as a leader. We'll follow him wherever he goes."

Dickenson, who spent the past five seasons as Calgary's offensive co-ordinator, said he's up for whatever challenges lay ahead.

"Any time you're basically coming into a winning program, the expectations are higher," he said. "That's fine with me. I'm more than happy to take that on. I think our coaches and our players like that. We want to and expect to be good.

"I'm OK with pressure. I've dealt with it my whole life. I'm ready to deal with it. I know that the job is a lot more fun when you're winning, so that's the plan." Although he will be calling the shots on the sidelines starting next season, Dickenson said he will still rely on input from Hufnagel when needed. Hufnagel spent eight seasons as head coach and will now concentrate on his duties as GM.

"I'm glad he's obviously sticking around as general manager," said Dickenson. "The guy is an outstanding coach and still will be. He's an invaluable resource that we can't do without at this stage." The Stampeders also have to decide whether to have Dickenson continue to serve as offensive co-ordinator in addition to his duties as head coach.

"That's all up in the air still," he said. "I'm certainly looking. There's some people that, if they were to come here, they'd need that title. Hopefully I wouldn't be too tough to work with."

THE CANADIAN PRESS

MLB

Price set to join BoSox: Report

It looks like David Price won't be back with the Toronto Blue Jays next season.

The Boston Globe is reporting that Price has agreed to a seven-year deal with the Red Sox worth a whopping $217 million US.

David Price GETTY IMAGES

Price was acquired by the Blue Jays near the trade deadline last season in a deal with the Detroit Tigers.

He was excellent down the stretch and helped Toronto end its 22-year playoff drought.

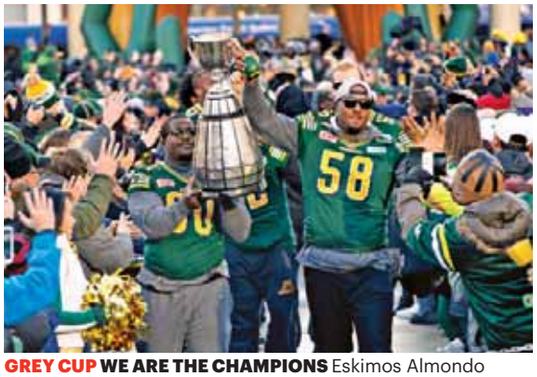
Price went 18-5 with a 2.45 earned-run average last season for the Blue Jays and Tigers.

He finished second in the voting for the American League Cy Young Award behind Houston's Dallas Keuchel. He had won the award in 2012 while with the Tampa Bay Rays.

THE CANADIAN PRESS

9

In 11 regular-season starts with the Blue Jays, Price won nine games and was tagged with just one loss.



GREY CUP WE ARE THE CHAMPIONS Eskimos Almondo Sewell, left, and Tony Washington carry the Grey Cup to the stage during a fan rally for the CFL champions, in Edmonton on Tuesday. The Eskimos defeated the Ottawa Redblacks 26-20 on Sunday. JASON FRANSON/THE CANADIAN PRESS

NHL IN BRIEF

Canadiens edge Jackets

Captain Max Pacioretty scored late in the third period to give the Montreal Canadiens a 2-1 victory over the visiting Columbus Blue Jackets on Tuesday.

Paul Byron scored for the Canadiens (19-4-3) in the first period. Mike Condon stopped 22 shots for his ninth win of the season.

Condon started in place of the injured Carey Price. Nick Foligno scored for the Blue Jackets (10-16-0) with Sergei Bobrovsky making 24 saves.

THE CANADIAN PRESS

Flyers too strong for Sens

Wayne Simmonds scored the tiebreaking goal and Sean Couturier had an empty-netter and two assists as the Philadelphia Flyers downed the Ottawa Senators 4-2.

Shayne Gostisbehere and Evgeny Medvedev also scored for the Flyers (10-10-5) while Steve Mason made 23 saves. It was the third straight win for the Flyers. Zach Smith and Mike Hoffman scored for the Senators (12-7-5) and Craig Anderson made 29 saves.

THE CANADIAN PRESS

NBA

Finally! Sixers win after 28 defeats

The Philadelphia 76ers have ended the longest losing streak in the history of major professional sports in the United States, topping the Los Angeles Lakers 103-91 on Tuesday night in Philadelphia, to snap a 28-game skid.

The Sixers had lost their first 18 games this season, matching the record for worst start in NBA history.

They had dropped 28 straight dating to last season, setting the mark for longest losing streak among the four major U.S. sports leagues

The Sixers won for the first time since March 25, 2015.

Robert Covington scored 23 points, and Jerami Grant and Nerlens Noel each had 14.

Lakers star Kobe Bryant scored 20 points on 7-of-26 shooting in the final game of his career in his hometown.

He walked off to a standing ovation and chants of "Kobe! Kobe!"

THE ASSOCIATED PRESS

RECIPE Ginger Pork Noodles

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Switch up your usual pasta dinner with this light and zingy recipe.

Ready in
Prep time: 20 minutes
Serves 4

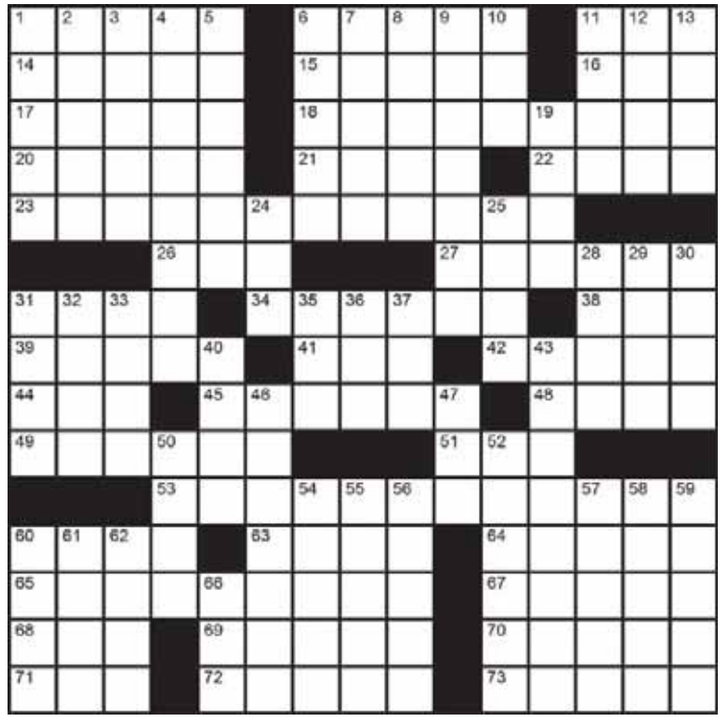
Ingredients
- 500g minced pork
- 2 Tbsps olive oil
- 2 Tbsps chopped spring onions
- 1 onion, chopped
- 1 cup sugar snap peas (or any crunchy green vegetable)
- 1/2 cup of chopped mushrooms
- 8 cloves garlic, chopped or crushed
- 2 Tbsps ginger, minced
- 2 1/2 cups chicken stock
- 2 or 3 green onions, thinly sliced
- 1 Tbsp fresh cilantro
- Salt and pepper to taste
- 250g rigatoni pasta

Directions
1. Prepare pasta according to package instructions.
2. Heat olive oil in a wok or deep frying pan. Soften onion for 3 minutes. Add mushrooms and cook for three minutes then add the pork.
3. Once pork is no longer pink, add garlic and ginger and simmer for another 3 minutes. Season with salt and pepper to taste. Add sugar snap peas. Combine and then pour stock over pork mixture. There should be enough stock covering the meat and vegetables so that it is soupy. Add chopped spring/green onion and stir until blended.
4. Ladle over the noodles and garnish with cilantro.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Change with the times
6. "Will & _"
11. Sneeze starters...
14. Prefix to 'dermabrasion' (Spa service)
15. Revolving mechanism
16. Cacharel perfume
17. Andes people in history
18. Ancient Greek Mythology: Commander in the Trojan†War
20. Draped dresses
21. "_ Fiction" (1994)
22. "_!... I Did It Again" by Britney Spears
23. Song written by Burton Cummings that goes "Maybe I'll be there to shake your hand...": 3 wds.
26. 'Glycer' suffix
27. Donald Sutherland's other actor son
31. Chill
34. Montreal Canadiens legendary goaltender Ken
38. Pressure meas.
39. Tobias _ Jr. (Canadian musician who cowrote "When We Were Young" with Adele)
41. Mr. Fleming
42. Being beholden
44. Ms. Ortiz of "Ugly Betty"
45. Actress, Nicole _
48. Adam & The _
49. Cites
51. 'Delic' suffix
53. Cape Breton Island community mentioned in Canadian folk tune "Song for the Mira": 2 wds.
60. Beach torch
63. Play's beginning, _ _
64. NBC soap, "Days _ _ Lives"
65. Active
67. Hair products brand
68. Justin, to Margaret
69. _ toys
70. Ms. Carter of '80s sitcom "Gimme a Break!", and namesakes
71. Wile E. Coyote's blaster
72. "Steady _ _ goes!"
73. TV wife of Steven Keaton

DOWN
1. Awry
2. Singer Ms. Washington
3. Capital of Ghana
4. Manitoba's locale, with The
5. _ salad
6. _ paper (Light blue boxes purchase)
7. Varlet
8. "Any Time _ _" by The Beatles
9. Liken
10. William Shakespeare's 'earlier'
11. Year, fancy-style
12. Target in basketball
13. Lacking
19. London's hip '60s youths
24. Mr. McGinley
25. Faux pas
28. Twirl
29. Not is
30. Dates' friends in the Produce Dept.
31. Opened slightly
32. Trait carrier
33. Thunderbirds org.
35. Clear
36. Root vegetable
37. Scientific ID
40. Gumbo ingredient
43. "The _ _ _": Gordon Lightfoot song that mentions a Robin and a Nest
46. Belonging to Jerusalem's country
47. Catch
50. Mideast chieftain, variantly
52. Tom Hanks/Julia Roberts flick, "Larry _" (2011)
54. Rhythmical stress
55. Range in Quebec, _ Mountains
56. Carved out spot
57. Country star Ms. Parton
58. Some birds
59. Record over
60. Check
61. Barge _ _ (Intrude)
62. Superman's surname
66. Student's 4.0, e.g.

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
In ending a feud don't give too much away. If you compromise you must do so from a position of strength. If you give in too easily your rivals may take it as a sign of weakness.

Taurus April 21 - May 21
You can't put a foot wrong, but if you are smart you will look ahead. Lady Luck is on your side — make the most of it but don't exhaust yourself.

Gemini May 22 - June 21
You don't seem to be short of admirers but don't let it go to your head. Also, watch out it does not affect your health. If you accept each and every social invitation that comes your way you will exhaust yourself before the end of the week.

Cancer June 22 - July 23
Don't take what others tell you too seriously. It could be their comments are genuine but it is just as likely they are saying what they think you would like to hear. You don't need flattery — you know how amazing you are.

Leo July 24 - Aug. 23
If you're bored with your social scene then do something about it. There's a party going on somewhere, make an effort and you can find it. Failing that, throw a party of your own.

Virgo Aug. 24 - Sept. 23
You cannot see the whole picture concerning a money matter. You may be tempted to take the kind of risk you would usually avoid — it is not a good idea.

Libra Sept. 24 - Oct. 23
With Venus and Mars, the relationship planets, moving through your sign you must let those you care for know how much they mean to you. Do it now because Venus leaves your sign at the weekend.

Scorpio Oct. 24 - Nov. 22
Others can cut corners but you must continue to play by the rules. Don't worry if your rivals pull ahead because their underhand methods will come back to haunt them.

Sagittarius Nov. 23 - Dec. 21
The planets indicate there is much you can accomplish but it is unlikely you will get far on your own. Put aside your differences and focus on shared aims and ambitions.

Capricorn Dec. 22 - Jan. 20
Some individuals are so full of their own importance that they think they can do or say anything and get away with it, but you know better. They will pay for their arrogance one day.

Aquarius Jan. 21 - Feb. 19
Keep your ideas to yourself. If you let slip what you are planning you may lose out in a big way. You may be friendly by nature but in some situations it can be your undoing.

Pisces Feb. 20 - March 20
It may seem as if certain factors are working against but there is no need to panic. The planets are making some situations seem tougher than they really are, so hang on in there — your luck will change soon.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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DAN MILLS
23 YEARS

IRWAN BEDIGUD
10 YEARS

HAN KIM
24 YEARS

JOE CHIARIZIO
44 YEARS

AARON SNOWIE
6 YEARS

MICHAEL CHMIELSKI
6 YEARS

GLEN BARRETH
PRESIDENT
43 YEARS

ROD COLEMAN
GENERAL MANAGER
20 YEARS

GERRY WOOD
DEALER PRINCIPAL
BIG 4 MOTORS

MARTIN VENNERI
SALES MANAGER
8 YEARS

DARCY SCHINNOUR
SALES MANAGER
14 YEARS

RAY BURNETT
14 YEARS

AHMED MANSOUR
4 YEARS

PHIL LAWRENCE
22 YEARS

JOHN QUINLAN
13 YEARS

JIM NARRASON
22 YEARS

MICHELLE MORGAN
13 YEARS

DOREEN THOMPSON
28 YEARS

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